

Apple Cinnamon Overnight Oatmeal

Yield: 7 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/over-night-chia-pudding-recipes>

Ingredients:

- 3 1/2 apples unpeeled and diced into 1/2 inch pieces, I used gala
- 3 cups milk
- 2 cups water
- 1 cup apple juice or cider, I used Langer's Light
- 2 cups steel cut oats uncooked
- 1/4 cup maple syrup
- 2 tablespoons butter cut into small pieces
- 1/2 teaspoon salt
- 1 teaspoon vanilla
- 1/4 cup brown sugar divided
- 2 teaspoons cinnamon divided
- granola
- milk & cream
- brown sugar
- raisins
- chopped nuts
- oatmeal

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 73 grams
3. Cholesterol: 25 milligrams
4. Fat: 13 grams
5. Fiber: 8 grams
6. Protein: 14 grams
7. SaturatedFat: 5 grams
8. Sodium: 280 milligrams

9. Sugar: 37 grams

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